


2024

November

Aqua Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	31	01 7:15am Liquid Cardio Shirley 9:30am COMBO Debi	02 9:30am COMBO Shirley	03
04 7:15am Liquid Cardio Sandy 9:30am COMBO Sally	05 9:30am COMBO Shawna	06 7:15am Liquid Cardio Shirley 9:30am COMBO Debi	07 9:30am COMBO Kathy	08 7:15am Liquid Cardio Shirley 9:30am COMBO Debi	09 9:30am COMBO Shirley	10
11 7:15am Liquid Cardio Sandy 9:30am COMBO Sally	12 9:3am COMBO Kathy	13 7:15am Liquid Cardio Kathy 9:30am COMBO Debi	14 9:30am COMBO Kathy	15 7:15am Liquid Cardio Molly 9:30am COMBO Debi	16 9:30am COMBO Nancy	17
18 7:15am Liquid Cardio Sandy 9:30am COMBO Sally	19 9:30am COMBO Kathy	20 7:15am Liquid Cardio Kathy 9:30am COMBO Debi	21 9:30am COMBO Kathy	22 7:15am Liquid Cardio Shirley 9:30am COMBO Debi	23 9:30am COMBO Shirley	24
25 7:15am Liquid Cardio Sandy 9:30am COMBO Sally	26 9:30am COMBO Debi	27 7:15am Liquid Cardio Shirley 9:30am COMBO Debi	28 	29 7:15am Liquid Cardio Shirley 9:30am COMBO Debi	30 9:30am COMBO Shirley	01